Oofuri Baka
OOFURI-BAKA.TUMBLR.COM | CH 129
Recruiting!!!
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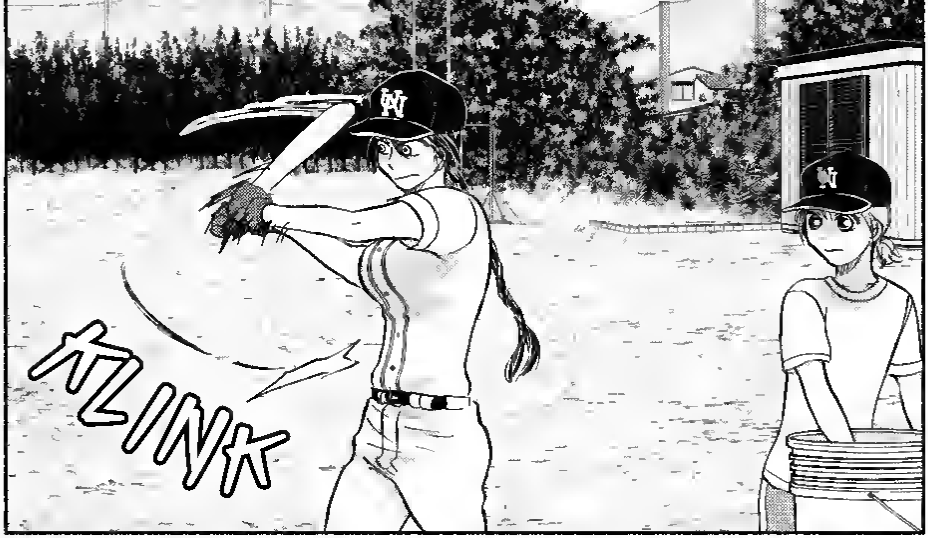
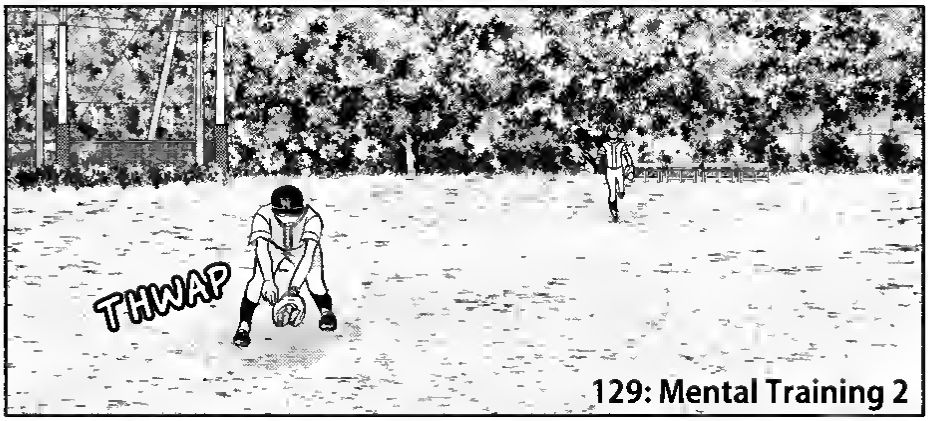

KLINK


THWAP
129: Mental Training 2

KLINK
ひぐちアサ
Higuchi Asa
おおきく振りかぶって

DO YOU MAKE THEM CATCH DIFFICULT BALLS?
WHAT'S THE PURPOSE OF FUNGO DRILLS?
MASTER-ING SKILLS, RIGHT?
Eh?
LET'S CHANGE THE MINDSET...
I TRY TO MAKE THEM CATCH ACCORDING TO THEIR INDIVIDUAL STRENGTHS
AND MAKE IT A PLACE TO ACCU MULATE EXPERIENCE N SUCCESS?
WELL, THAT'S RIGHT
SO SOMETIMES THEY CAN CATCH THEM AND SOMETIMES THEY CAN'T?

BOUNCE
KLINK
INSTEAD OF SAYING "WHY COULDN'T YOU CATCH IT!"
IF THEY DON'T CATCH IT
NICE MISTAKE!

KLINK
EH?
NICE CATCH!
CATCH
4
CAT
CH
カン
ット

A-H
BOUNCE
ガシ
ッ

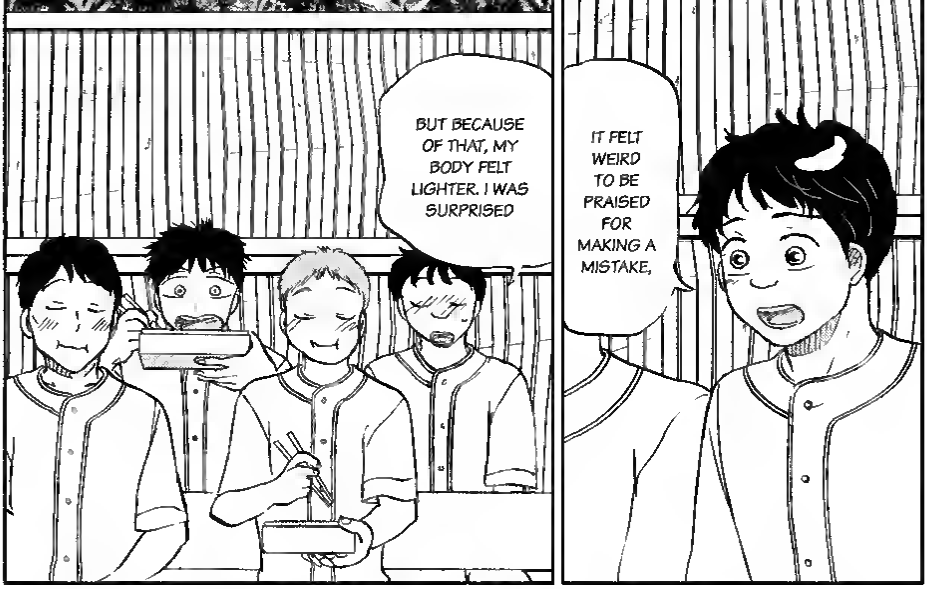
IF YOU UNDERSTAND WHAT WAS WRONG, YOU JUST NEED TO WORK ON IT!
OKAY! NICE MIS-TAKE!

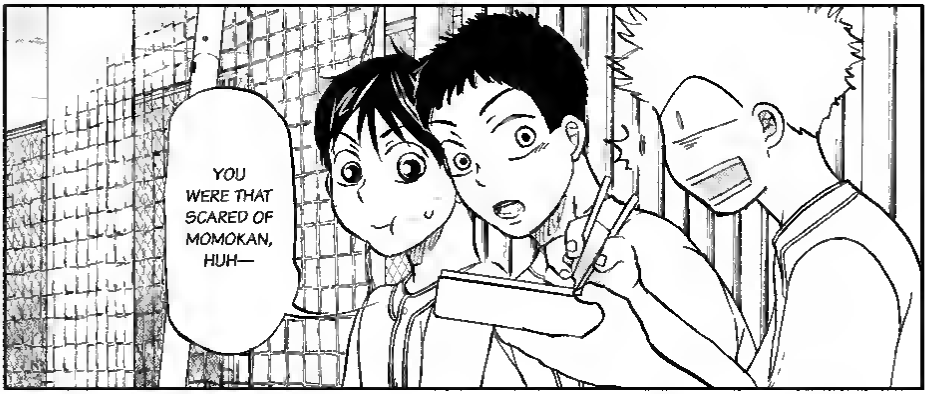
EH
EH?!
BUT SOME PLAYERS MAY WITHER IF THEY ARE SCOLDED OVER A MISTAKE
THEY'LL START FEELING INADE-QUATE,
NO PLAYER WILL TRY TO MAKE ANOTHER MISTAKE JUST BECAUSE THEY WERE PRAISED FOR IT,
IT'LL GET IN THE WAY OF TRAINING AND IN A MATCH—
AND PLAYERS DON'T NEED THAT AT ALL

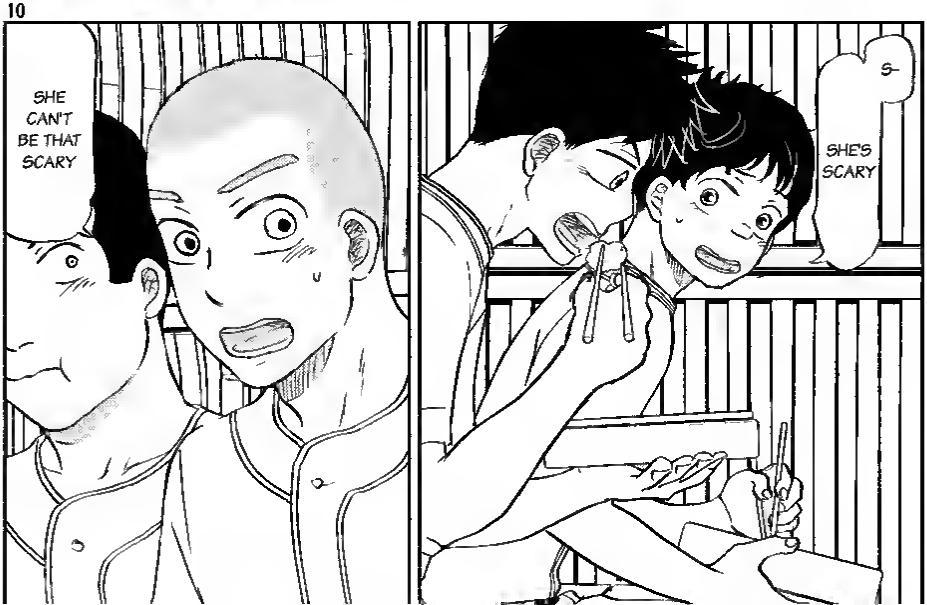
IF THE BALL COMES FROM A COURSE THEY DON'T FEEL GOOD ABOUT,
THE IMAGE OF THEM MAKING A MISTAKE WILL COME TO THEIR MINDS AT ONCE
YOU GET IT, RIGHT?
THEY'LL BE CAUGHT IN A VICIOUS CYCLE THAT WILL MAKE THAT FEELING OF INADEQUACY EVEN STRONGER
AND THEN THEY WON'T EVEN BE ABLE TO CATCH A BALL THEY NORMALLY COULD CATCH
THEIR BODY WILL STIFFEN UP TO PREVENT MAKING A MISTAKE,
KLI
NK
CAT
CH

THAT PERSON AND EVERYONE AROUND THEM CAN TELL THEY MADE A MISTAKE
WHY DO YOU NEED TO CORROB-ORATE IT BY SAYING IT OUT LOUD?
LET'S MAKE PRACTICE A PLACE TO PLANT THE IMAGE OF SUCCESS IN THEIR HEADS
AND CREATE SELF-CONFIDENCE!
TODAY MOMOKAN WAS DIFFERENT THAN USUAL

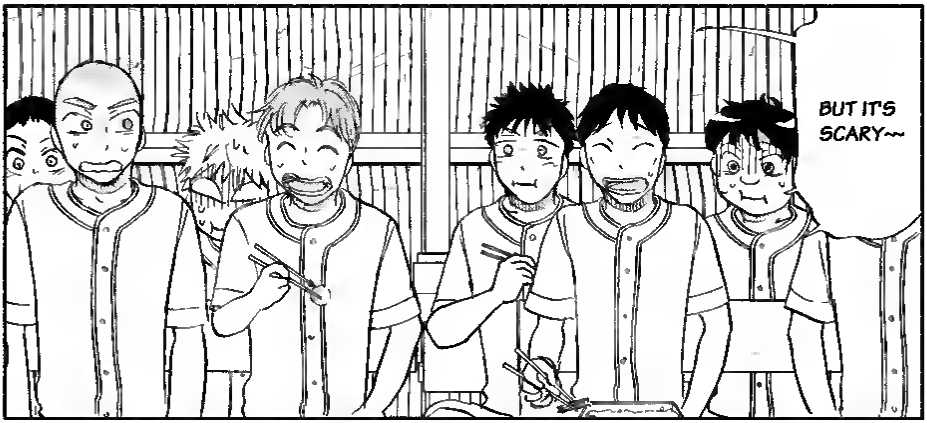
NUH-UH
THEN I GUESS THE WAY SHE POINTED OUT OUR MISTAKES WAS DIFFERENT?
SHE DOESN'T NORMALLY GET MAD, DOES SHE?
SHE DIDN'T GET MAD AT ME EVEN ONCE TODAY
YEAH
RIGHT...!
AT FIRST IT WAS FRIGHT-ENING,
BUT SOMEHOW PRACTICE WAS EASIER TODAY
Yep
Yep
I WONDER IF SHE WAS INSTRUCT-ED BY MATSUZA-KI-SAN


BUT BECAUSE OF THAT, MY BODY FELT LIGHTER. I WAS SURPRISED
IT FELT WEIRD TO BE PRAISED FOR MAKING A MISTAKE,


YOU WERE THAT SCARED OF MOMOKAN, HUH—


SHE CAN'T BE THAT SCARY
S-
SHE'S SCARY

IT'S NOT LIKE SHE GETS ANGRY AT US, SHE JUST SCOLDS US!
tremble tremble
cough
cough
SHE IS


BUT IT'S SCARY~~

WHY DID I PURPOSELY SAY ALOUD WHAT EVERYONE ALREADY KNEW?

I THINK, DEEP DOWN, I ENJOYED POINTING OUT THEIR MISTAKES
I JUST WENT WITH THE FLOW AND SAID IT
—OR RATHER,

FROM THE START, I FELT I COULDN'T LET THE BOYS NOT TAKE ME SERIOUSLY,
SO I THOUGHT THAT FATHERLY, NOT MOTHERLY, COACHING WAS NECESSARY
IS THAT SO?
For health reasons only authorized individuals allowed

BUT I SEE, IT'S OK TO PRAISE THEM!
SMILE
THEN I CAN GIVE THEM AN ENDLESS AMOUNT OF PRAISE

Uu...!
THIS PROVES YOU'RE TOP-RATE
WHAT?

HIGH-LEVEL PLAYERS HAVE POSITIVE THINKING AND ARE GOOD AT FINDING STRONG POINTS IN PEOPLE,
BUT LOW-LEVEL PLAYERS WILL IMMEDIATELY BLURT SOMETHING OUT THAT WOULD EARN THEM A PLUS BEAM

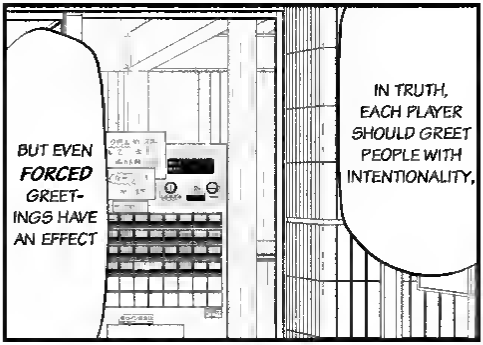
WITH A SMILE
LOOK UP
PLAYERS SHOULDN'T LOOK DOWN AND SPEAK IN A QUIET VOICE
JUST LOOK AT HOW YOU GREET SOME-ONE
Good morn...
GOOD MORNING!
DIFFERENT FROM WHAT THEY CALL CHARAC-TER?
—IS THAT
THIS IS THE GREETING OF A TOP-CLASS PLAYER
—LIKE THIS
For health reasons, only authorized individuals allowed

BUT CAN KIDS WITH A NEGATIVE MINDSET LEARN TO THINK POSITIVELY WITH TRAINING?
GREETING IS A BEHAVIOUR, SO YOU CAN DO IT BY TRYING,
WHAT'S MEANT BY "CHARAC-TER"?

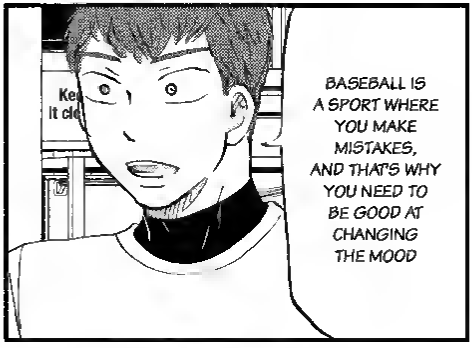
THE GREETING I DEMON-STRATED
AS YOU SAID, IS A BEHAVIOR YOU CAN DO BY TRYING,
BUT DO YOU THINK THAT YOU'LL HAVE THE SAME "CHARACTER"
IF YOU'RE RAISED WHILE BEING CONSTANTLY YELLED AT OR IF YOU'RE OFTEN PRAISED?
OF COURSE, IT'S SOMETHING YOU'RE BORN WITH,
Let's eat!
Yes!

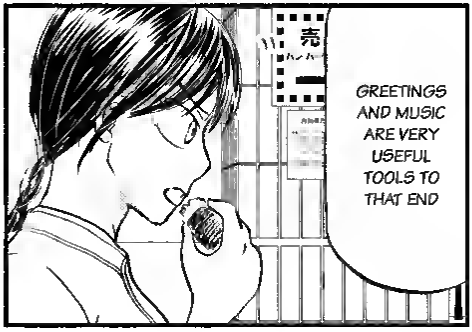
GREETINGS ARE PART OF A TEAM'S ROUTINE

MERELY DOING IT OR NOT DOING IT
WILL TOTALLY CHANGE HOW YOU OR PEOPLE AROUND YOU FEEL


IN TRUTH, EACH PLAYER SHOULD GREET PEOPLE WITH INTENTIONALITY,
BUT EVEN *FORCED* GREETINGS HAVE AN EFFECT

I SAID THAT YOU CAN TRAIN MENTAL STRENGTH,
BUT IT COULD BE SAID THAT YOU CAN LEARN IT AS A TECHNIQUE, JUST LIKE GREETINGS


BASEBALL IS A SPORT WHERE YOU MAKE MISTAKES, AND THAT'S WHY YOU NEED TO BE GOOD AT CHANGING THE MOOD

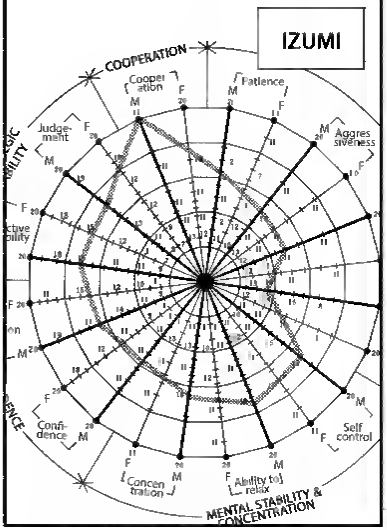

GREETINGS AND MUSIC ARE VERY USEFUL TOOLS TO THAT END

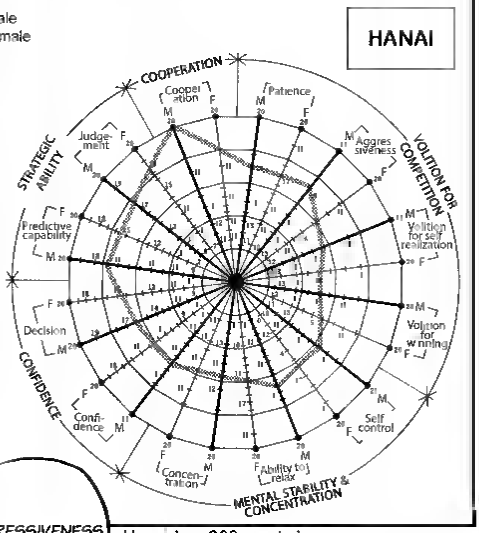
AS A "SKILL" YOU CAN USE IN A MATCH
THINK OF "PLUS" POSITIVE THINK-ING

FIRST, THE CIRCLE GRAPH ON THE LEFT
BIGGER CIRCLES AND SMALL DENTS AND LUMPS MEAN A BETTER BALANCE
SO EVERYONE TOOK AND MARKED HIS OWN TEST DURING THE LUNCH BREAK,
THIS TEST IS WIDELY USED BY OLYMPIC ATHLETES AND TOP-CLASS PLAYERS
I'LL GIVE YOU A QUICK EX-PLANATION OF THE RESULTS NOW

Chart 1. Psychological competitive ability profile by scale

M - Male
F - Female

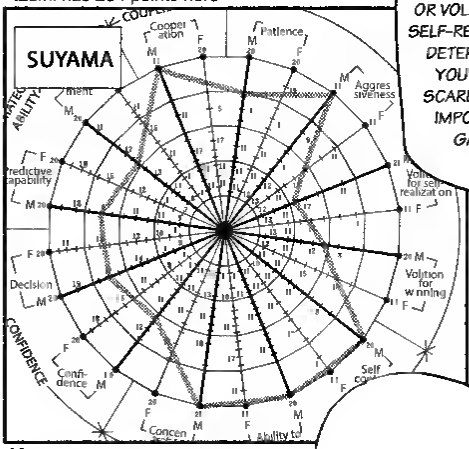


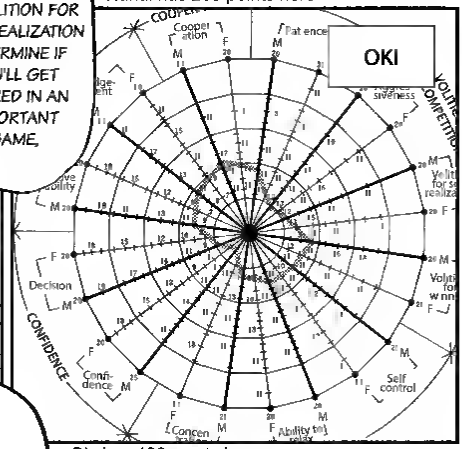


Izumi has 204 points here

AGGRESSIVENESS OR VOLITION FOR SELF-REALIZATION DETERMINE IF YOU'LL GET SCARED IN AN IMPORTANT GAME,

Hanai has 209 points here

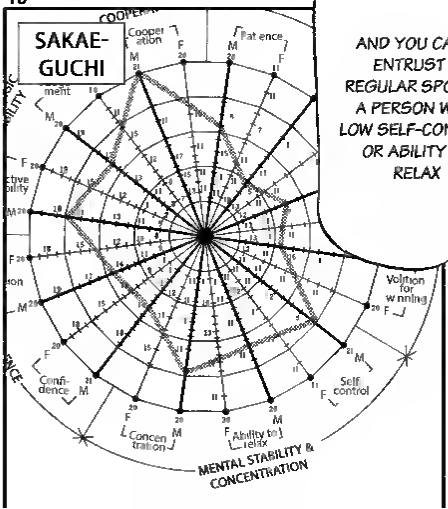


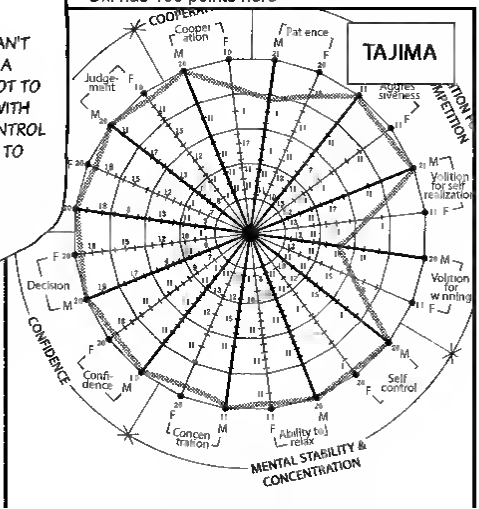


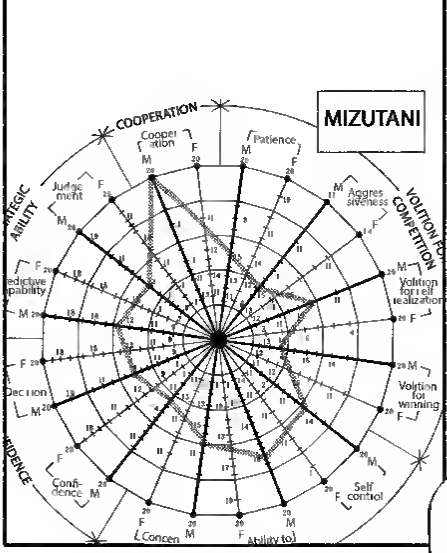
18

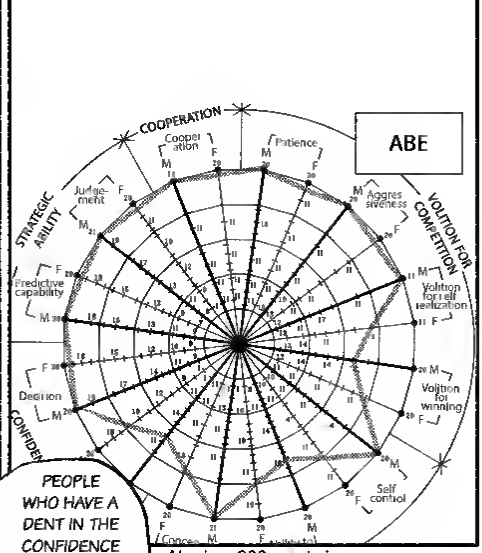
AND YOU CAN'T ENTRUST A REGULAR SPOT TO A PERSON WITH LOW SELF-CONTROL OR ABILITY TO RELAX

Oki has 130 points here



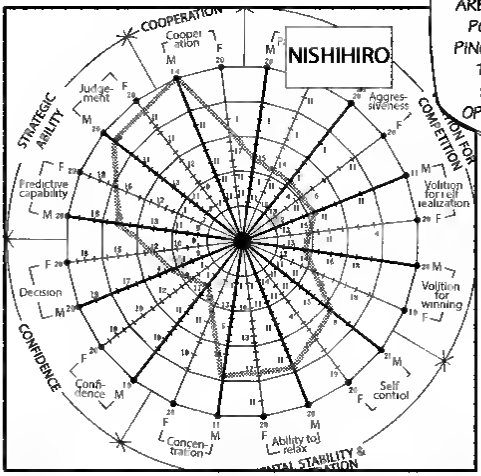


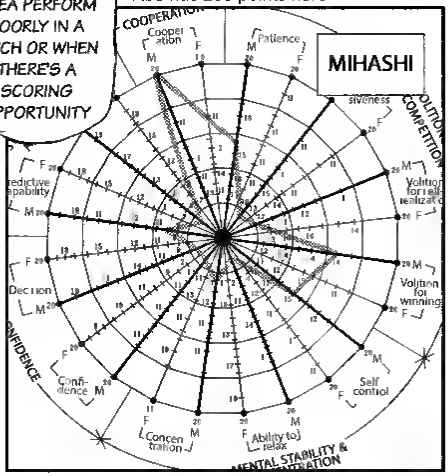




PEOPLE WHO HAVE A DENT IN THE CONFIDENCE AREA PERFORM POORLY IN A PINCH OR WHEN THERE'S A SCORING OPPORTUNITY

Abe has 233 points here

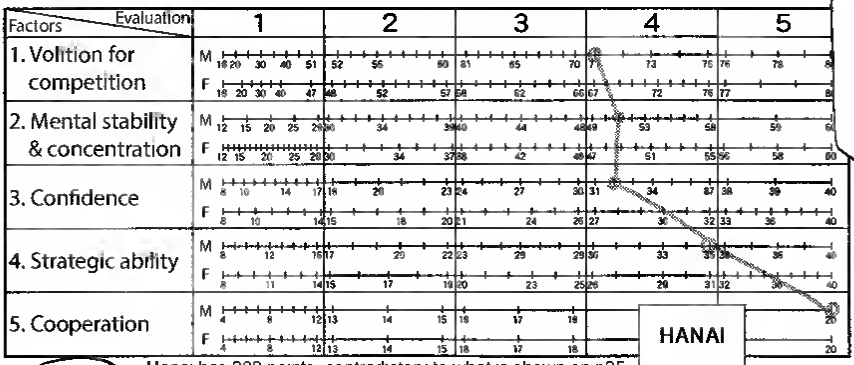




PEOPLE WITH A DENT HERE DO PRESCRIBED PRACTICE AND IN A GAME WILL ONLY MOVE AS THEY ARE TOLD
AND THEN FOR STRATEGIC ABILITY—

Chart 2. Psychological competitive ability profile by factor

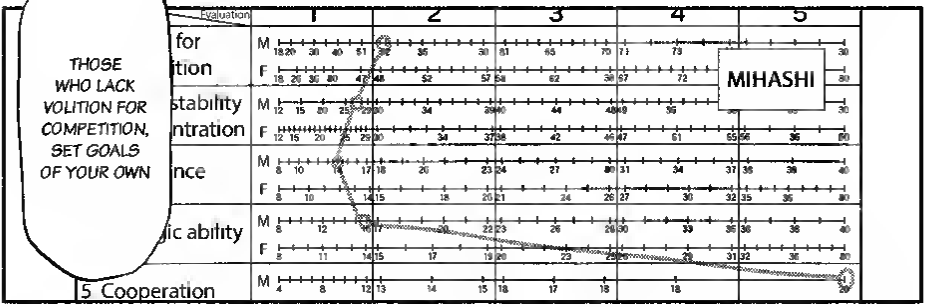
M - Male
F - Female

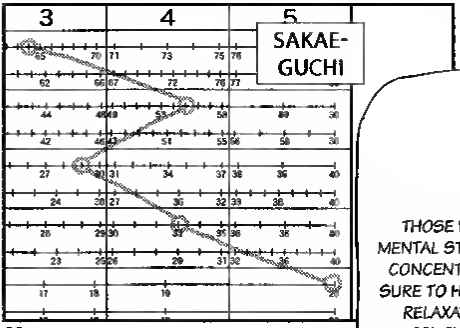


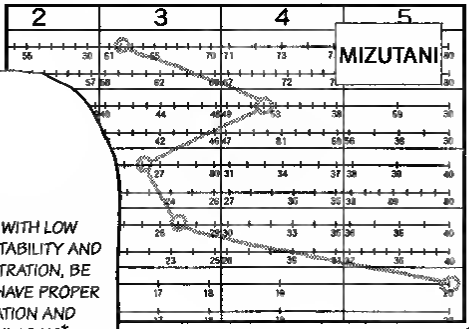
NEXT PLEASE LOOK AT CHART 2

Hanai has 209 points contradictory to what is shown on p25

THOSE WHO LACK VOLITION FOR COMPETITION, SET GOALS OF YOUR OWN

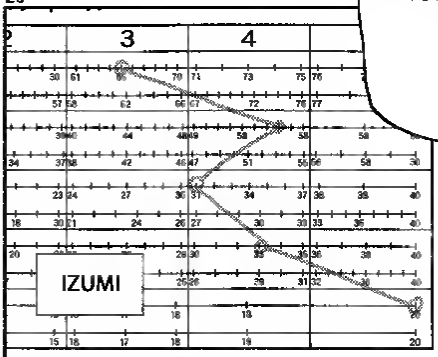




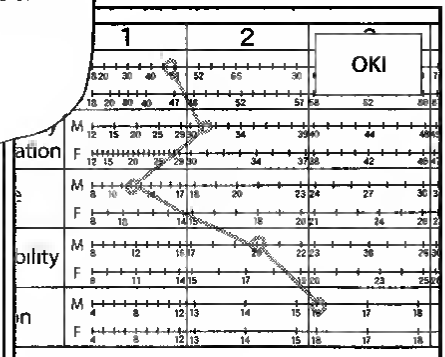


THOSE WITH LOW MENTAL STABILITY AND CONCENTRATION, BE SURE TO HAVE PROPER RELAXATION AND PSYCHING UP*

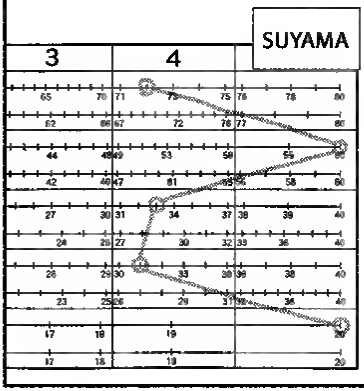
*mental training term It means to intentionally raise the spirit

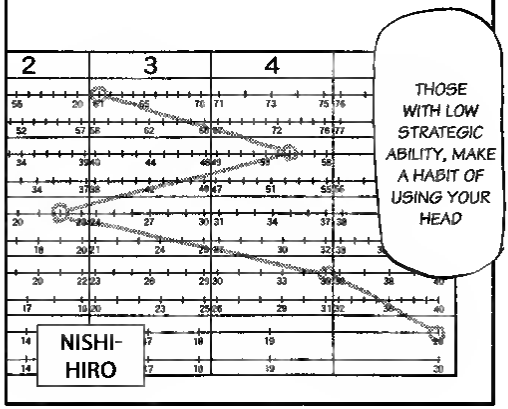


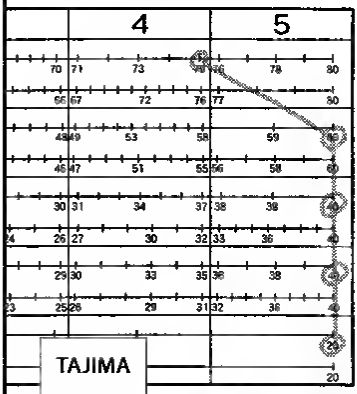
Izumi has 205 points here

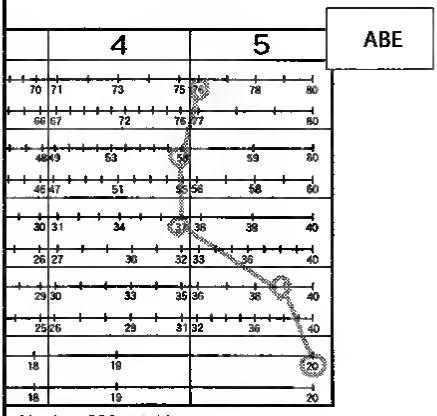


Oki has 129 points here


SUYAMA

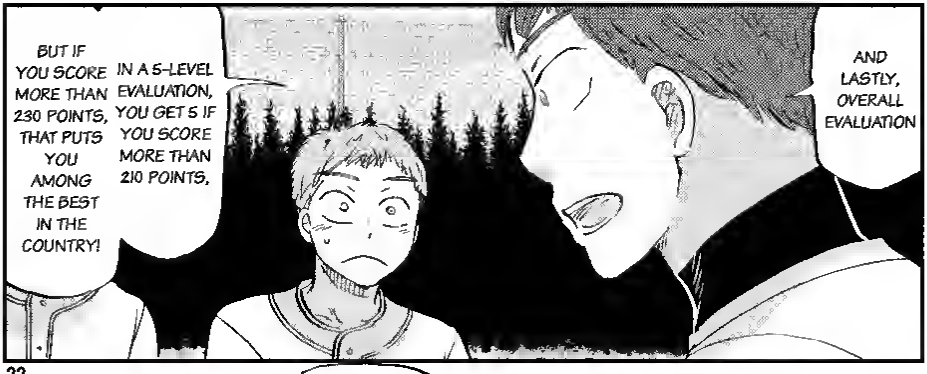

THOSE WITH LOW STRATEGIC ABILITY, MAKE A HABIT OF USING YOUR HEAD
NISHI-HIRO


TAJIMA


ABE
Abe has 230 point here

AND LASTLY, COOPERATION: IT SHOWS IF YOU CAN COMMUNICATE WITH YOUR TEAMMATES
MENTAL STRENGTH IS THE POWER OF IMAGINATION. DON'T JUST DO WHAT YOU ARE TOLD BUT ALWAYS THINK WHY YOU WERE TOLD TO DO IT AND WHAT THE OUTCOME WILL BE

THIS IS A STRONG POINT OF THIS TEAM, WITH SO FEW MEMBERS WHO ARE ALL IN THE SAME YEAR!
THE TEAM AVERAGE HERE IS CLOSE TO PERFECTION!
AT A GLANCE


BUT IF YOU SCORE MORE THAN 230 POINTS, THAT PUTS YOU AMONG THE BEST IN THE COUNTRY!
IN A 5-LEVEL EVALUATION, YOU GET 5 IF YOU SCORE MORE THAN 210 POINTS.
AND LASTLY, OVERALL EVALUATION

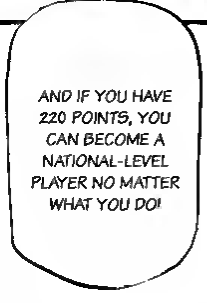


Chart 3 Overall points evaluation table

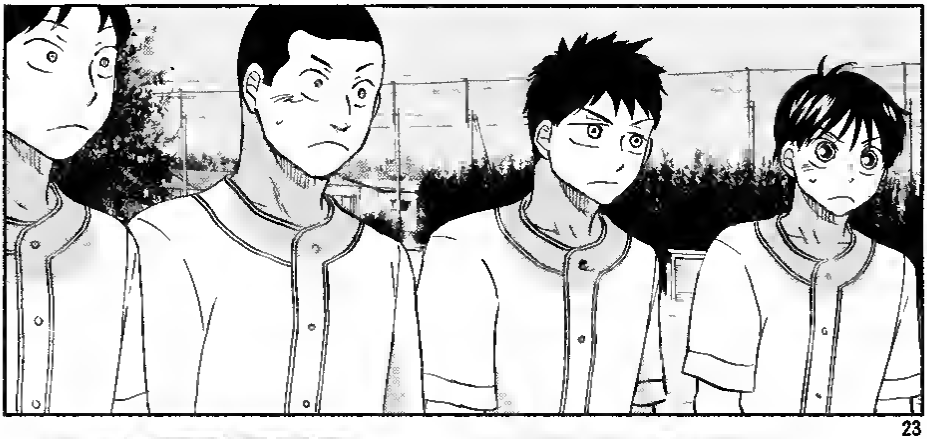
Evaluation / Gender	1 (very low)	2 (below average)	3 (average)	4 (superior)	5 (excellent)
Male	141 (or less)	142~164	165~186	187~209	210 (or more)
Female	131 (or less)	132~154	155~178	179~202	203 (or more)

Chart 4 Overall points evaluation

Total points	( )
Evaluation	( )

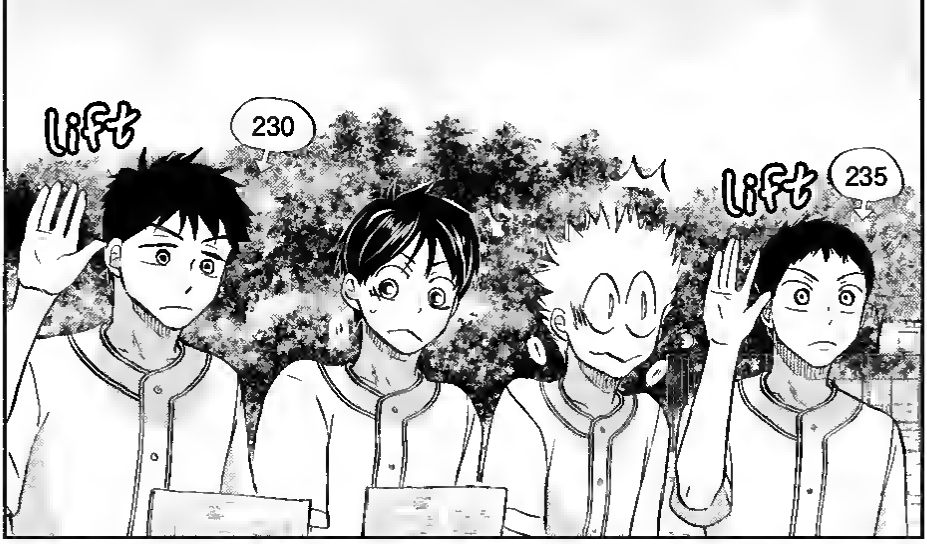
See chart 3 ←

IF EVERYONE ON THE TEAM HAS MORE THAN 210 POINTS, YOU CAN GO TO NATIONALS



Lift
WHO HAS MORE THAN 230 POINTS?!

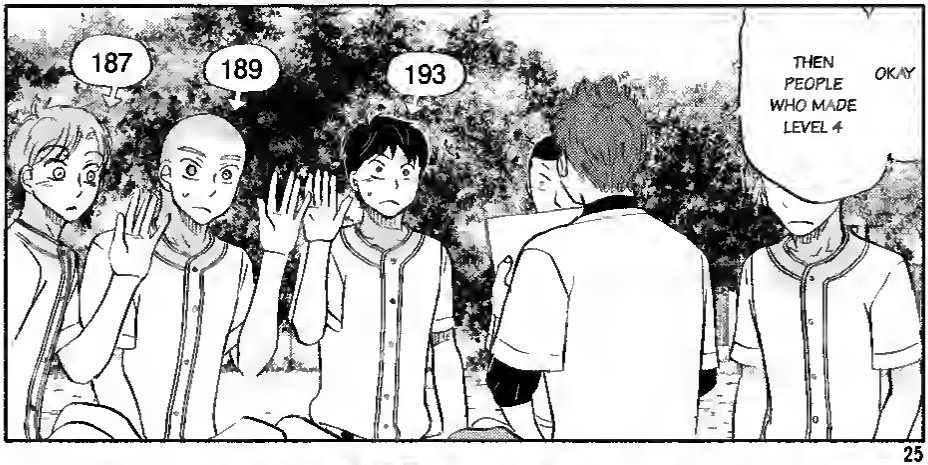
THEN WHAT ABOUT THIS TEAM'S RESULTS!


Lift
230
Lift
235

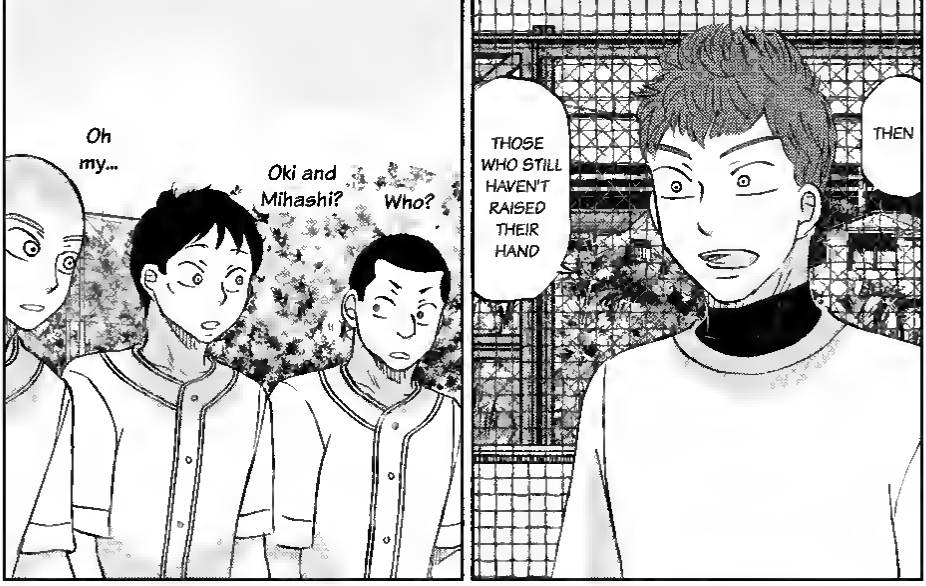
FOR REAL?!
WHOA!!

THEN WHO HAS 220 POINTS?

OOH
Eh?
216
THEN WHO HAS 210 POINTS?
NO ONE


187
189
193
THEN PEOPLE WHO MADE LEVEL 4
OKAY

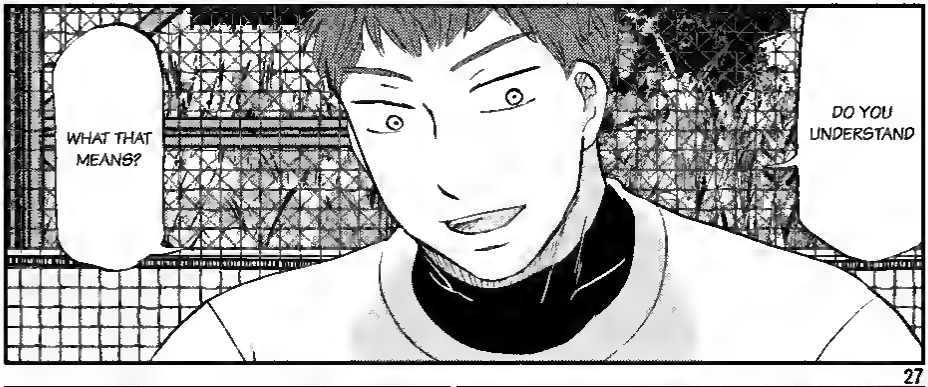
205
201


Oh my...
Oki and Mihashi?
Who?
THOSE WHO STILL HAVEN'T RAISED THEIR HAND
THEN

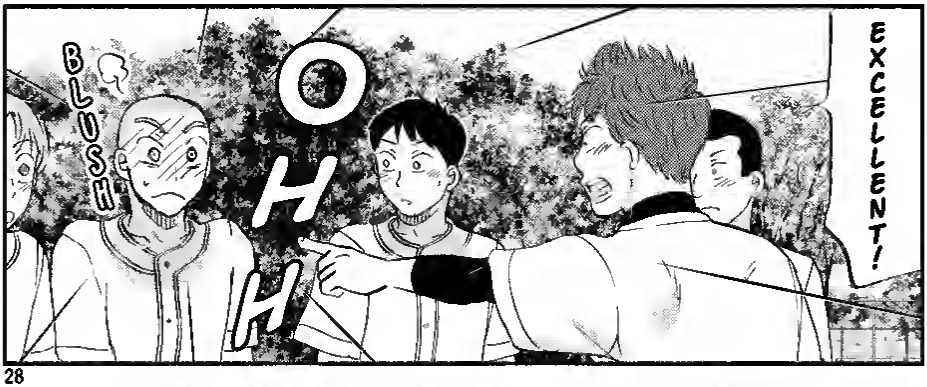
Yes
yes
Erm,
I CAN SAY IT, RIGHT?

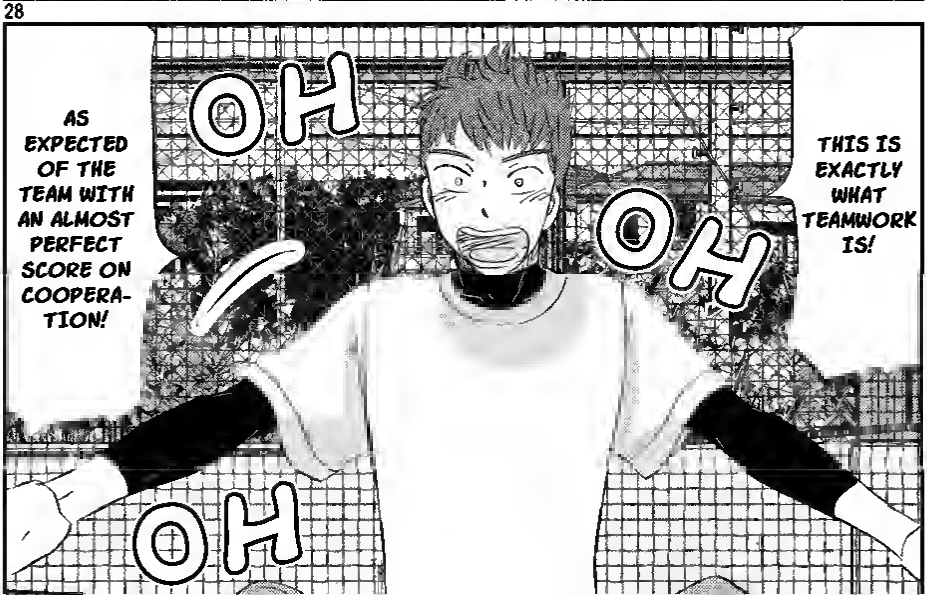
.....!!
THEIR OVERALL EVALUATION IS "1"

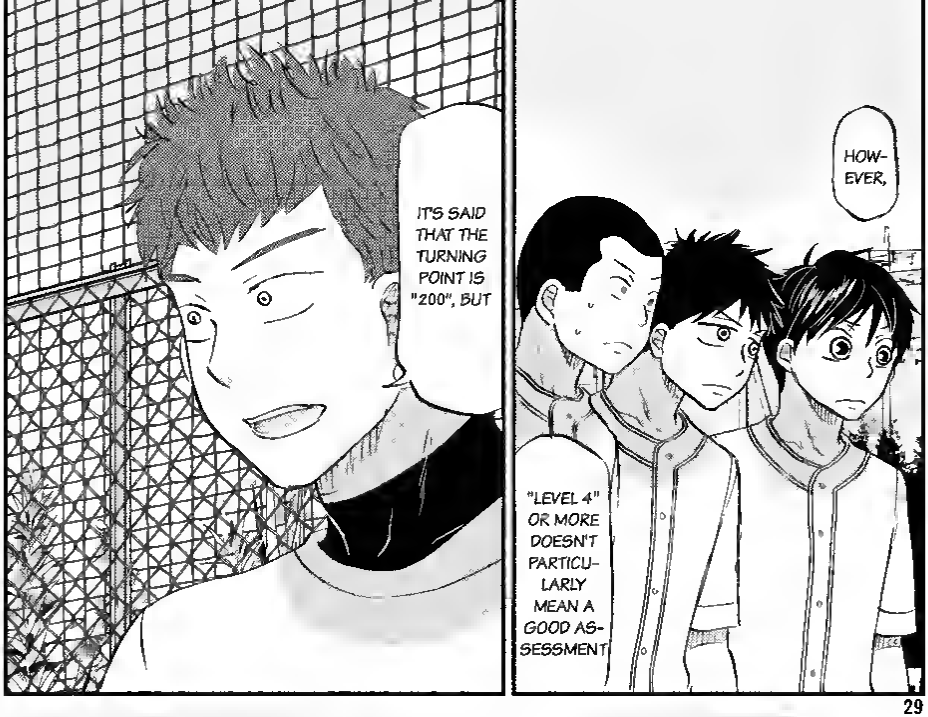
BOTH OF THEM ARE REGULARS,
THEIR CIRCLES IN CHART 1 ARE THIS SMALL
AND ONE IS THE ACE, RIGHT?


WHAT THAT MEANS?
DO YOU UNDERSTAND

SINCE ALL THE OTHERS ARE LEVEL 4 OR MORE,
WE JUST NEED TO LIFT THOSE 2 UP TOGETHER, RIGHT?!


EXCELLENT!
OHH
BLUSH


AS EXPECTED OF THE TEAM WITH AN ALMOST PERFECT SCORE ON COOPERATION!
OH
OH
OH
THIS IS EXACTLY WHAT TEAMWORK IS!

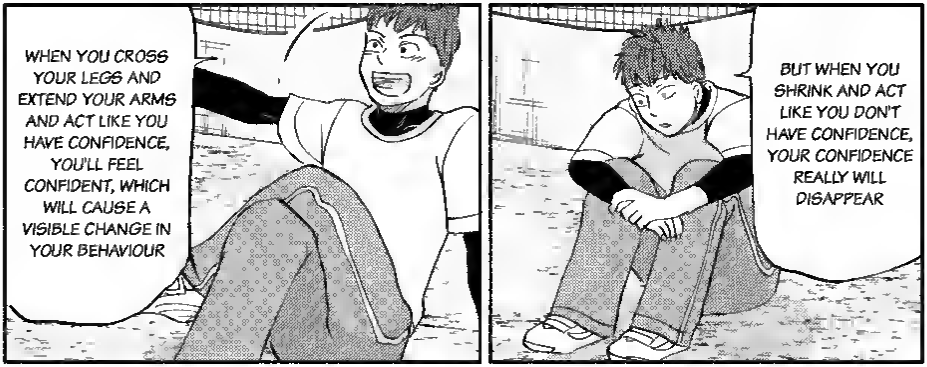

IT'S SAID THAT THE TURNING POINT IS "200", BUT
HOW-EVER,
"LEVEL 4" OR MORE DOESN'T PARTICU-LARLY MEAN A GOOD AS-SESSMENT

YES, SIR!
LET'S TRAIN OUR MENTAL STRENGTH, SO THAT EVERYONE CAN GET A PERFECT SCORE!

BECAUSE THEY MAY NOT BE ABLE TO SHOW THEIR TRUE ABILITIES IN OFFICIAL GAMES
FOR PEOPLE WITH AN OVERALL EVALUATION LESS THAN 4, IT MIGHT NOT AMOUNT TO MUCH, NO MATTER HOW MUCH THEY PRACTICE

BUT I'LL SHOW YOU A SIMPLE EXERCISE!
OF COURSE, YOU HAVE TO KEEP A WORKBOOK EVERY DAY,
MENTAL TRAINING WORKBOOK
If you want to become a professional baseball player

IT'S ALL IN GOOD FUN TO STRIKE A POSE,
DID YOU KNOW YOUR BODY LANGUAGE HAS AN IMPACT ON YOUR SPIRIT?
URINATION TRAINING!
IT'S CALLED
OH...?


WHEN YOU CROSS YOUR LEGS AND EXTEND YOUR ARMS AND ACT LIKE YOU HAVE CONFIDENCE, YOU'LL FEEL CONFIDENT, WHICH WILL CAUSE A VISIBLE CHANGE IN YOUR BEHAVIOUR
BUT WHEN YOU SHRINK AND ACT LIKE YOU DON'T HAVE CONFIDENCE, YOUR CONFIDENCE REALLY WILL DISAPPEAR

Ah
Like you're looking at your cell phone
BY THE WAY, WHAT DOES THIS POSTURE WHEN YOU SHRINK AND LOOK DOWN RESEMBLE?

YOU'LL FEEL LIKE SHOUTING TOO!
THIS POSE IS REALLY GOOD!
THE SAME POSE WHEN YOU ARE FIRST TO THE GOAL ON SPORTS DAY!
THE OPPOSITE POSE, THOUGH——
RIGHT. THIS POSE IS REALLY BAD

TOP FORM...
TOP...
TOP FORM! YES!

TOP FORM!!
ONCE MORE!

IF SOMEONE SIGHS 1000 TIMES, IT COULD TURN INTO DEPRESSION
LIKE THIS!
YAWN
AND DON'T YAWN-
DO IT LIKE THIS!
UWAAH!

SO TRY DOING IT "TOP FORM"
IF YOU USE THE BATHROOM 6 TIMES A DAY, THAT'S 2190 TIMES A YEAR,
THAT'S HOW MUCH IMPACT BODY LANGUAGE HAS ON SPIRIT

YES!
Ye-
YOUR ATTITUDE AND YOUR THINKING WILL CHANGE!

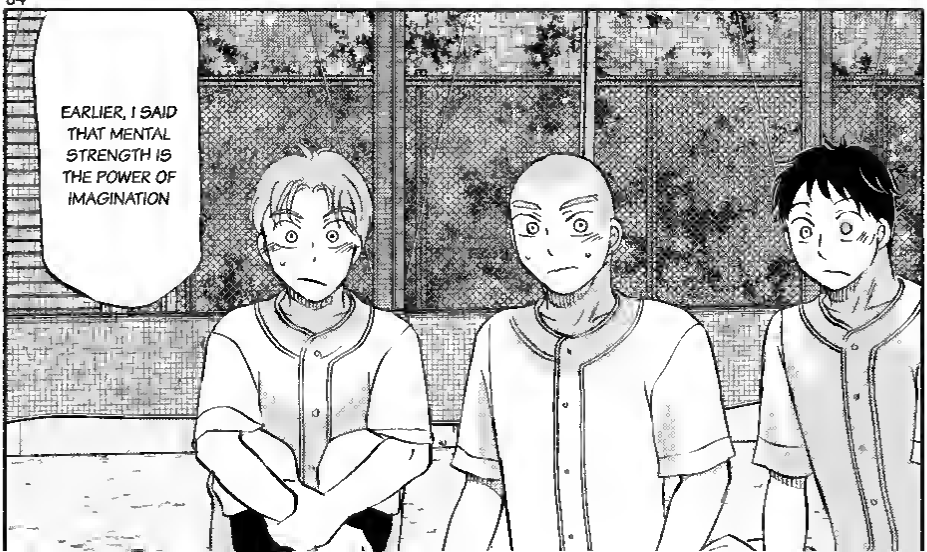
VOLITION FOR WINNING WILL NATURALLY IMPROVE AS YOU BECOME 2ND AND 3RD YEARS

AND ANOTHER THING THAT CONCERNS ME IS "VOLITION FOR WINNING"
IT'S PRETTY LOW FOR EVERYONE

IT'S FINE IF EVERYONE IS ALL RIGHT WITH IT,
BUT YOU SHOULD PROBABLY REAFFIRM YOUR TEAM'S GOAL ONCE MORE

... IT'S KOSHIEN
CHAMPION-SHIP!
WHAT'S THIS TEAM'S GOAL?

IN THE WORLD OF MENTAL TRAINING, IT'S A REASONABLE GOAL TO AIM TO BECOME #1 IN JAPAN OR #1 IN THE WORLD!
OKAY


EARLIER, I SAID THAT MENTAL STRENGTH IS THE POWER OF IMAGINATION

YOU CAN'T ACCOMPLISH THINGS THAT YOU CAN'T IMAGINE!
LET'S HAVE A STRONGER AND MORE CONCRETE IMAGE OF YOU BECOMING KOSHIEN CHAMPIONS

IMAGINE YOUR MOOD, THE SOUNDS, THE AIR TEMPERATURE, EVEN THE SMELLS
THE SCENE WHEN YOU TASTE THE MOMENT OF VICTORY—
MANGA IS OKAY TOO— USE THEM AS REFERENCES
YOU CAN WATCH KOSHIEN ON TV

KOSHIEN CHAMPIONS!
LET'S DO IT!

IF YOU IMAGINE IT EVERY DAY, EVENTUALLY IT'LL COME TO YOU IN A FLASH
EVEN IF YOU CAN'T ENVISION IT AT FIRST,

YES!
MENTAL STRENGTH IS JUST ONE SKILL.
YOU MUST TRAIN PHYSICALLY WITH ALL YOUR MIGHT TOO!

CHAPTER 129

For my child's birthday, we went to Tokyo's Disneyland for the first time in two years. Usually I'm completely exhausted by 3 P.M., but we had made dinner reservations; and, to accomodate the child, we focused on the parade instead of the rides—and I surprisingly enjoyed it and wasn't even tired, even though we stayed out till 10 P.M. This is good, TDL ~

Some of you may have noticed, there are discrepancies between how many points some people have between charts 1 and 2 and when their scores are announced when they raise their hands. Hopefully we'll get clarity in volume 28. Anyway, here are the scores in each context:

Hanai
- raises hand - 189 points
- circle chart - 209 points
- linear chart - 209 points

Abe
- raises hand - 230 points
- circle chart - 233 (volition for competition - 78 points, strategic ability - 40 points)
- linear chart - 230 (volition for competition - 76 points, strategic ability - 39 points)

Izumi
- raises hand - 205 points
- circle chart - 204 (Mental stability & Concentration - 55 points)
- linear chart - 205 (Mental stability & Concentration - 56 points)

Oki
- circle chart - 130 points (strategic ability - 21 points)
- linear chart - 129 points (strategic ability - 20 points)

if you want to know more about the test, go to
http://oofuri-baka.tumblr.com/